

Children, Youth, Families and Communities is a division of MSU Extension. Many people hear the word “Extension” and think “agriculture.” While agricultural education is an important part of Extension, providing educational programming that supports the needs of families and communities is also a large part of MSU Extension’s mission.

Through Children, Youth, Families and Communities (CYFC):

**Parents and providers** are learning how to provide the best possible childcare.

**Youth** participate in hands-on learning activities that:

- enhance self-esteem
- build leadership skills
- encourage career exploration
- create active citizens
- develop entrepreneurial abilities
- teach practical life skills

**New mothers** receive breastfeeding instruction and support from other mothers.

**Families** are learning to eat healthier and stretch their increasing limited food dollars..

**Seniors and low-income families** are getting access to fresh, local produce.

**Communities** are tackling tough issues such as obesity, fitness, and safety.

## Programs and Services

CYFC programs available in Bay County are:

### 4-H Youth Development



4-H works with young people throughout Bay County helping them become self-directing, productive, and contributing members of society. Educational programs are provided by trained, dedicated, adult

volunteers interacting with youth in a community setting, which are delivered in many different ways: 4-H clubs; community service; environmental programs; community youth development; local, state, and national citizenship programs; interstate, international, and cross-cultural exchanges; leadership training; and 4-H school programs.

[www.baycounty-mi.gov/MSUE/4-H](http://www.baycounty-mi.gov/MSUE/4-H)

### Better Kid Care

The mission of this program is that all current and new child care providers throughout Michigan will have access to high-quality, research-based professional development through the MSU Extension network of county offices.

- The 36-Hour Training prepares adults to become licensed day care providers out of their home. Training is provided in: positive discipline, child development, nutrition, business development, learning through play, and infant, child and adult CPR.
- The 18-Hour Training offers relative care providers training in child development, positive discipline, nutrition, business development, learning through play, and infant, child and adult CPR.
- Educational kits for check-out for professional development.
- Support and mentoring for relative care providers, day care providers, and licensed care providers.

[www.baycounty-mi.gov/MSUE/BKC](http://www.baycounty-mi.gov/MSUE/BKC)

### Building Strong Families

A program that teaches parents about the mental, physical and emotional development of their children, helps make the home environment safe for children, and builds strengths through development of parental self care.

Trained instructors meet with the parents and provide important information and answer

questions about caring for children from birth to age three. Information about How Kids Develop, Helping Kids Behave, Playing to Learn, and Smart Living is provided.

### Breastfeeding Initiative




This program offers breastfeeding support through home visits, hospital visits, WIC visits, and by phone. It is available to WIC eligible mothers. Instructors are mothers themselves, with special training as a breastfeeding peer counselor. They can help you and your baby get off to a good start with breastfeeding support, knowledge, and problem solving. This program offers information including:

- Myths and facts on breastfeeding
- Immunizations
- Education on successful pumping
- Returning to work while breastfeeding
- Managing breastfeeding concerns

[www.baycounty-mi.gov/MSUE/BFI](http://www.baycounty-mi.gov/MSUE/BFI)

### SNAP-Ed

The SNAP (Supplemental Nutrition Assistance Program) is a free nutrition education program that is offered exclusively to limited-income individuals and families. 

SNAP-Ed lessons might include:

- Using the Food Guide Pyramid
- Using food labels to make healthy choices
- Keeping food safe
- Planning, shopping, and food preparation tips to save money and time
- Breakfast and choosing healthy snacks
- Feeding infants and children
- Food and nutrition during pregnancy
- Eating right and light

Lessons are delivered in group sessions or in the convenience of your own home.

[www.baycounty-mi.gov/MSUE/FCS](http://www.baycounty-mi.gov/MSUE/FCS)

# Michigan State University Extension

MSU Extension is a diversified educational, high technology organization serving residents throughout the county and Michigan. MSU is Michigan's "land grant" university which has the special charge of bringing research from campus to local communities for practical application to the needs of local individuals, communities, and government.

Extension is cooperatively funded by four major funding partners: the United States Department of Agriculture, the state of Michigan, local county government, and other cooperating agencies. Federal funding links Extension to national trends and issues affecting Michigan communities. State funding ensures that the needs of Michigan citizens are being met. Local funding means that Extension is in place to deal with the needs and issues in every county. Extension programs are very cost effective. They involve volunteers and community leaders who bring special expertise and knowledge to Extension programming to address our community's needs.

Michigan State University Extension - Bay County holds leadership positions in its major program areas: Agriculture and Natural Resources; Children, Youth, Family and Communities Programs; and Community and Economic Development.

## For More Information

Contact MSU Extension - Bay County at:

Bay County Building  
Suite 301  
515 Center Avenue  
Bay City, Michigan 48708-5024

**Telephone:**

(989) 895-4026 Voice  
(989) 895-4217 Fax  
(989) 895-4049 TDD/TTY

**E-mail:** [msue09@msu.edu](mailto:msue09@msu.edu)

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EXTENSION

## Children, Youth, Families and Community

**MSU Extension – Bay County**  
**Bay County Building**  
**515 Center Avenue, Suite 301**  
**Bay City, MI 48708**

**[www.baycounty-mi.gov/MSUE](http://www.baycounty-mi.gov/MSUE)**

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